



Flight school takes to Valley skies

Sara White,
Managing editor

The Transport Canada certificate licensing the new Annapolis Valley Flight Training Centre is printed on orange paper and framed, hanging on the wall of the classroom where dozens of pilots in training are now taking classes.

"I wanted everyone to see it!" exclaims Pierre Malo, the chief flight instructor and a co-owner with Paul Easson and Josh Harris in the venture.

Malo likes looking at that certificate just as much as anyone else, as it represents two years of work to take the training centre from an idea to reality.

The civilian air park opened in space leased from 14 Wing Greenwood in 2017 by the Freedom Aviation Society. A flying school was always "at the heart of the operation," Malo says, part of the business case that supported the society's move of recreational, light commercial and training aviation, and supporting businesses, from the closing Kings County Municipal Airport in Cambridge to the base airfield. With Municipality of the County of Kings' support, the new air park was on its way.

The Truro Flight Training Centre opened a satellite operation in Greenwood shortly afterwards, but did not renew

its agreement after its first year. Some students were left in mid-training, with the only option to continue their program out of the Debert airfield.

"A Greenwood facility creates an incredible opportunity from Yarmouth to Windsor to fly in this region," Malo says, listing the negatives of time, travel and changing weather prospective pilots would encounter leaving the region. He worked with the initial flying school part-time, as a recently retired Royal Canadian Air Force navigator and pilot, and was confident in joining forces with Easson, a Valley businessman and chairman of the Freedom Aviation Society, which runs the airpark; in 2019 to start the new school's Transport Canada application. In January 2021, the school was approved.

"It took almost two years – when I started the application, I had 18 things to do to establish the flight school. Sixteen of those were done in a few weeks, but the last two? Oh..." Malo says. "The military was fantastic, and the wing commander supported us from Day 1 and his people gave us what we needed for air traffic control and base services. Transport Canada – its airworthiness demands are very high."

Work continued to build the binder of supporting docu-



Pierre Malo is the chief flight instructor and a co-owner in the Annapolis Valley Training Centre, now Transport Canada licensed and in operation at the Freedom Aviation Society air park, based at 14 Wing Greenwood. S. White

ments for the training centre's proposed programs: recreational, private and commercial pilots' licensing, with a range of additional ratings. It also had to include all the maintenance servicing, training and personnel guidance, a section where Malo leaned heavily on the expertise of David Bursey, a military peer. Gathering all of this through the pandemic experience of 2020 created its own challenges.

"Our points of contact at Transport Canada, Denis Hache and Danny Forsyth, were excellent, guiding us throughout the accredita-

tion process. We were more than happy to meet all these expectations: we just didn't know what they all were, and there was no way to 'cut and paste' from anywhere else. The license is all unique to our situation."

January 6, 2021, the Transport Canada certificate was dated, and the flight training centre was in business, it's first flight with a student three days later, operating classes in a creative "bubbling" of students and instructors and timed to maximize use of the school's "new" 1975 Cessna 172 through weather and access to the military airfield

during operations. Malo says a colour-coded system with the base's air traffic control tower lets everyone know who's flying: new, semi-experienced, with or without a flight instructor.

"That means the student and instructor can operate in the middle of a military operation and, if they need to launch something, we can go do another 360 degrees over Berwick and come back later."

Harris arrived at the school with a private pilot's license, and Malo trained him through his commercial and instructor licenses. The two are now teaching 14 students at various

stages of class and in-flight training. A third instructor and a second 1975 Cessna 172 aim to be on site by the end of May to increase to perhaps 20 students, pending continuing scheduling around COVID-19 conditions. There are also plans to add in sightseeing bookings down the road.

"We've had a lot of great interest – it's just a matter of getting students in," Malo says. "I absolutely like teaching someone to fly. It's like a car: they're a passenger when you start and, by the end, you give them the keys. Younger students – you can see them mature as they learn to fly." →

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Wayne Kelley, Director for LGBTQ2+ members, Public Service Alliance of Canada, Atlantic Region

May 17 a day for support, recognition, inclusion

May 17, the International Day Against Homophobia, Biphobia and Transphobia, is observed every year. This year will be no different, except for ceremonies and events being held virtually.

As PSAC's Atlantic director for LGBTQ2+ members, I ask you take part in a virtual event or learn more on how you can become an ally and play a role in eradicating homophobia, biphobia and transphobia.

As Trans members continue to be at the forefront of the struggle for equality, we as Canadians can be proud of the achievements we take in the steps of our LGBTQ2+ communities, but we recognize a lot more needs to be accomplished in order to make society a safe place for all.

May 17, please take a stand in support of the rights of LGBTQ2+ people. Together with collective efforts as PSAC members across Canada, we can achieve dignity, equality and provide a safer space for all LGBTQ2+ members. We can - and will - make a difference.

Stay safe.

The International Day Against Homophobia, Transphobia and Biphobia (IDAHTB) was created in 2003 to draw the attention to the violence and discrimination experienced by lesbian, gay, bisexual, transgender, intersex people and all other people with diverse sexual orientations, gender identities or expressions, and sex characteristics.

May 17, the Defence Team will reinforce its commitment to inclusion by raising a Pride flag at bases, wings, ships and armories across Canada, sending a signal of respect and acceptance to all LGBTQ2+ members. The Defence Team is proud to show support for LGBTQ2+ members who contribute so much to our organization.

IDAHTB is a worldwide celebration of sexual and gender diversities, and an opportunity for the Defence Team to proudly become allies for LGBTQ2+ members who may have experienced

discriminatory behaviour fueled by biases, societal pressures and traditional structures. Defence Team members acknowledge past harms, such as the events associated with the Purge, and raise awareness of behaviours that contribute to homophobia, transphobia and biphobia: remembering, so as not to repeat the past.

Learning about the violence LGBTQ2+ communities still face to this day is appalling, and May 17 is yet another day when Defence Team members are reminded hateful conduct will not be tolerated.

The Defence Team Pride Network, official in December, will re-launch May 17 with a new name, the Defence Team Pride Advisory Organization (DTPAO), and will promote inclusion and foster awareness of LGBTQ2+ communities. It will provide advice and insight to Defence Team leadership on systemic challenges and



issues relevant to these communities. Members of the Defence Team are welcome to join with the DTPAO to enhance inclusion: we all deserve a workplace where everyone feels respected and safe.

Every Defence Team member has the right to bring their authentic selves to work. Your authentic self includes the full spectrum of your talents and professional potential, invested in your contribution to the effective delivery of the organizational mandate.

Defence Team members are recognized and encouraged to contribute through their unique experiences, abilities and perspectives within a respectful and inclusive environment.

Whether military, public servant, non-public employee or contractor, you

should feel welcomed and valued, judged solely on your behaviours, your competencies and your contributions to Canada's defence goals. All forms of discrimination, bullying, micro-aggressions and hateful conduct (in person or through other means, such as social media) damage our individual team members, undermine the organization's operational effectiveness and will not be tolerated.

Leaders at all levels have a responsibility to ensure their environment is safe and welcoming for all. This includes leading by example, creating an inclusive workplace and providing training on topics such as Positive Space awareness, harassment prevention, and training Positive Space ambassadors.

Most importantly, we must listen to our people - present, past and at all levels - to learn from and guide actions, finding solutions and making decisions reflective of their experiences and suggestions.

This formalizing of intent is testimony to leadership's renewed commitment to the Defence Team and everyone's right to work in an environment of mutual respect, dignity and inclusion, where they have the opportunity to thrive and contribute to achieving mission effectiveness.

The Chief Professional Conduct and Culture is responsible for creating the conditions for cultural transformation, ensuring our behaviours reflect the best parts of the organization, and Canadian society. →

Everyone belongs: Defence Team Pride advancement significant

Rear-Admiral Luc Cassivi, OMM, CD (He/ him), Champion for the Defence Team Pride Advisory Organization

May 17 is the International Day Against Homophobia, Transphobia and Biphobia, a day to reflect on our attitudes towards others, to confront and overcome our biases and to acknowledge that, around the world, LGBTQ2+ individuals are still the victims of violence. As the Defence Team forges on to create a more inclusive workplace, acknowledging the persistent and frequent misconduct being brought to light recently, I can't think of a better time for

us to rally together to combat homophobia, transphobia and biphobia.

Despite the progress made since the end of the LGBT purge, too many people still do not feel they can be honest with their team members about their own identity for fear of harassment, career impact or other negative outcomes. They also feel most of our policies and processes are not supportive of their identity and lived reality. This situation negatively impacts their well-being, team cohesion and our ability to create an inclusive and respectful environment for all.

It must change. These changes can only

take place if we all contribute to the effort. All members of the Defence Team deserve to feel safe, and be treated with dignity and respect.

We are pleased to recognize the significant step taken by the Defence Team to include the voices of our LGBTQ2+ communities by officially recognizing a fifth Defence Advisory Group, the Defence Team Pride Advisory Organization (DTPAO), previously known as the Defence Team Pride Network. This group of volunteers from across the country will provide much needed advice, education and critical support to Defence Team leadership and members to further

promote an environment of dignity and respect for all. The DTPAO looks forward to working with the Chief Professional Conduct and Culture as we move forward. LGBTQ2+ members and our allies are encouraged to join in these efforts to create an inclusive environment worth celebrating.

We know there are people who still feel the harm of discriminatory policies like those that led to the LGBT purge and, although we can never undo the pain those policies caused, we can learn from our mistakes and do better for our members. We welcome the recommendations from the LGBT Purge Report

on the state of inclusion in the federal workplace as an opportunity to do better. We are committed to eliminating all forms of discrimination based on gender identity, gender expression and sexual orientation within the Defence Team. This year, we are raising the Pride flag across the country to show support for and solidarity with LGBTQ2+ members, and to reinforce the message that everyone belongs.

I encourage everyone to show support by joining the DTPAO or by becoming allies to help create safe, inclusive and respectful workplaces.

Let's reflect on our values and support a Defence Team



Rear Admiral Luc Cassivi

in which everyone feels safe and welcomed to bring their whole selves to a workplace free of homophobia, transphobia and biphobia. →

The Aurora News
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Useful links | Liens utiles

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www.rcf-arc.forces.gc.ca

CAF Connection Site
Site du portail communautaire des Forces canadiennes
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14 Wing Greenwood Site
Site de la 14e Escadre Greenwood
www.airforce.forces.gc.ca/en/14-wing/index.page

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March 9, Corporal Mayhew of 14 Mission Support Squadron is presented the Canadian Forces Decoration 2nd clasp for 32 years of service by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler (L) and Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



March 9, Warrant Officer Gofton of 14 Mission Support Squadron is presented the General Campaign Star by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



March 9, Corporal Nickerson of 14 Mission Support Squadron is presented the General Service Medal by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



March 9, Corporal Nickerson of 14 Mission Support Squadron is presented the General Campaign Star Rotation Bar by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



March 9, Master Corporal Craig of 14 Mission Support Squadron is presented the General Campaign Star Rotation 2nd Bar by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



March 9, Corporal Doucette of 14 Mission Support Squadron is presented the General Service Medal by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



March 9, Corporal Studerus of 14 Mission Support Squadron is presented the General Campaign Star by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



March 9, Petty Officer 1st Class Patterson of 14 Mission Support Squadron is presented the Special Service Medal by 14 MSS Commanding Officer Lieutenant-Colonel Sherri Buckler, left, with Chief Warrant Officer Natalie Fortin, during the 14 MSS medals parade at the Birchall Theatre, 14 Wing Greenwood. S1 C. Moon, 14 Wing Imaging



April 23, 404 (Long Range Patrol and Training) Squadron MOAT flight engineer graduates included, from left, Sergeant Grant McDonald, Master Corporal Yann Boucher and Master Warrant Officer Marcel Joyal. Master Corporal P. Redden



April 23, Captain Alex Jacobi, centre, was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Honorary Colonel Judy Rafuse, left, with Commanding Officer Lieutenant-Colonel Angie Thomas. Master Corporal P. Redden



April 23, 404 (Long Range Patrol and Training) Squadron Chief Warrant Officer Jon Freeman, centre, was presented the Canadian Forces Decoration Second Clasp by 404 (Long Range Patrol and Training) Squadron Honorary Colonel Judy Rafuse, left, with Commanding Officer Lieutenant-Colonel Angie Thomas. Photo by Master Corporal P. Redden



April 23, Master Corporal Megan Trace, centre, was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman. Master Corporal P. Redden



April 23, Master Corporal Mike Schatz, centre, was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman. Master Corporal P. Redden



April 23, Sergeant Ralph Gignac, centre, was presented the Canadian Forces Decoration Second Clasp by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman. Master Corporal P. Redden



April 15, Lieutenant Jaime Arnott, 404 (Long Range Patrol and Training) Squadron administrative officer, centre, received her promotion from Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman. Master Corporal K. Scott



April 15, Captain Brandon Bland, 407 Squadron, centre; was promoted to current rank by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman. Master Corporal K. Scott



April 23, Master Corporal Dave Fortune, centre, was presented the Canadian Forces Decoration by 404 (Long Range Patrol and Training) Squadron Commanding Officer Lieutenant-Colonel Angie Thomas, left, with Chief Warrant Officer Jon Freeman. Master Corporal P. Redden



April 15, Captain Paul Turpie, centre, was recognized for achieving the 7,500-flying hour milestone by 404 (Long Range Patrol and Training) Squadron Honorary Colonel Judy Rafuse, left, with Commanding Officer Lieutenant-Colonel Angie Thomas. Master Corporal K. Scott



Happiness

Karam Albatat

What is this feeling we briefly experience from time to time and that we have so much trouble finding, as we are increasingly immersed in our daily routines?

My name is Karam Albatat, and I am a cadet with Squadron 687 Richelieu Laval.

I am 14 years old, and so I probably only have limited experience with happiness, but on this pleasant day in February, I will talk to you about an experience that completely changed my life.

It all started on April 25, 2011, everything changed that day. In the blink of an eye, brave and peaceful demonstrations turned into an armed conflict that is still going on today as you read my diary. This date marked the turning point in the life of 21 million people, including a young boy named K.A. He is from an ordinary Syrian family.

Honestly, I have no memory of Syria in peacetime, nor of a stable life, except for the front courtyard of my house in the country, which is now buried in the darkness of war, and it would be a lie to describe the joie de vivre and beauty of this country that remains in a process of self-destruction. I have only experienced the sad reality of conflict in Syria.

As the years went by, the bombings came closer and closer to our neighborhood and our fear became greater and greater. 2016 was the year that would mark a new chapter in my life: a new beginning.

The 4th of July 2016 was the date of our arrival in Canada. It was actually like a huge slap in the face. It was like moving from one world to another, like in the famous story of Alice in Wonderland, except that instead of going from a beautiful flowery garden to a wonderful world, I went from a huge battlefield without borders or sense of security, to a country where simply standing in the street



in the same place for more than an hour was not a suicidal act. I went from a place where entire families are on the brink of starvation and where eating meat was a luxury, to a world where food is purchased in abundance and thrown away, fresh, in huge quantities.

A few months ago, in the

middle of the lockdown, I sat on my bed and questioned everything. I thought about what was happening, about the future and, above all, what I saw in Syria, these events which I really was still not yet mature enough (or had not yet gained enough perspective) to quite yet understand.

Over the past four years, when trying to compare my old life to the one I am living now, I'm struck by a mystery: "Why was I so happy there, why hasn't the way I think about this feeling changed?" This question haunted me. It stayed in my head for months and, every night before falling asleep, I couldn't think of anything else.

One rainy day in early September, I went to a famous ice cream chain where I saw a child who was barely 4 years old. He was with his family who seemed to have been affected by current events. The child was completely

enthralled by some vanilla ice cream while his father was complaining on the phone about his cancelled trip. Why did one seem so happy and the other so upset when they had exactly the same life? It's because children find joy in simple things. It is, in fact, in the simple things that we find happiness. That has never changed and it will never change.

Happiness does not exist in nature. We are the ones who create it, we are the ones who will create happiness within ourselves. All you have to do is look for it and you will end up finding it. Happiness can be as simple as eating ice cream, because it is in simplicity that you can find positivity. Whatever your situation, you can find happiness. Just find something that keeps you away, if only for a few seconds, from all the negativity around us.

A while ago, I was looking

around on social media and I found an old image of myself one week before I arrived in Canada. In the picture, I am in one of the old souks of Damascus. Full of joy, I'm just about to enter an Arabic dairy shop. In the photo, you see only my happiness; and the entrance to the dairy shop. And yet, just beyond the camera's range, war refugees were passing by, the store's ceiling was riddled with holes from rifle bullets and there was shrapnel on the ground; just beyond frame, children were wandering the streets looking for their parents who they had lost years earlier and who would have been buried under the atrocities of war. And so much more. Seeing this photo still made me smile, because you can see how I was singularly focused on the fact that I was going to eat an Arabic ice cream for the first time. The simplicity of happiness.

There is no magic recipe to finding happiness. It's up to you to find it in whatever surrounds you and do everything you can to focus on, build upon that.

What I am saying to you now is not to ignore the world, but to look for the needle that will make you smile in this huge haystack around us. Look around. Look at your friends, your family, look at a photo, whatever it is, and remember the beautiful moments you have had with these people. The needle you look for will lead you to another, then another, until finally your haystack has turned into a pile of needles. It won't be because you no longer see things as they are, that by finding needles in haystacks you are going to solve your problems. And yet, it is only with happiness and perseverance that we can fight the misfortunes and monotony of life.



REPORTER COMPETITION

Diversity, acceptance plus friendship: my time in Air Cadets

Kai Chen

All my life, I have tried to fit in. I dress like my classmates. I talk like my friends, but no matter what I do, I will never be quite like them.

I am a first-generation Canadian. I was born in Canada to two immigrant parents, who came to this country from Guangzhou, China, a city with more than 13-million people. They had lives in China - they had jobs, family and friends. Yet, they left it all behind to start a new life in Canada.

My father was the first to immigrate. He moved to Saskatoon, Saskatchewan, in 1991, with just a few hundred dollars, which he borrowed from family. My mother followed soon after, in 1993. They came here knowing little about the English language or the frigid Canadian winters. They worked tirelessly for years - night and day. Eventually, they started a family of their own, here in Canada. I've grown up in a city where only about three per cent of the population is Chinese, like me. I was often the only minority in my class, and I was one of only a couple in my school.

I knew I was different. My classmates knew I was different, and so, I often felt left out. For the longest time, I felt like a misfit, a loner and an outcast. Some kids made fun of my appearance; my narrow, slanted eyes, short, spiky hair, and small stature. Others laughed at the food I ate. Some plugged their nose, pretended to gag, or simply walked away at the sight of my Chow Mein or my

less of their background or past. I finally felt like I was a part of something, and that I was accepted by others.

During my time as an Air Cadet, I have learned all about aviation, leadership and the Canadian



Char Siu.

I never really had the same interests as my peers, either. I spent most of my free time drawing planes or making them out of paper, while all the others found different toys to play with, or books to read. I was never able to make many friends - I had nothing in common with the others, and it didn't really help that I was a quiet, shy kid by nature. I felt like I was like a fish out of water.

All of this changed in the fall of 2017 when I became a Royal Canadian Air Cadet.

Initially, I felt a bit awkward. I was somewhere between the first and second-year cadets. Yet, everyone welcomed me: officers, senior cadets, junior cadets and even parents. What took me by surprise was how incredibly diverse our squadron was. It was much more diverse than any school or class I had ever been in.

Instead of having my differences pointed out or being made fun of, I was welcomed with open arms. It was a place where everyone accepted and tolerated each other, regard-



less of their background or past. I finally felt like I was a part of something, and that I was accepted by others.

During my time as an Air Cadet, I have learned all about aviation, leadership and the Canadian Armed Forces (CAF). I have flown in gliders and experienced the wonder of flight. I have had the incredible opportunity to tour airport facilities, Canadian Forces Bases and Wings, museums and even a CC-177 Globemaster aircraft, among other awesome military vehicles.

I've been an Air Cadet for more than three years now. I have climbed the ranks and am now a Flight Sergeant - as well as a Cadet correspondent - with my squadron. I've made unbreakable bonds with

some of my peers, who share the same interests, dreams, and goals as me - whether it be our love for aviation, our career aspirations, or our common disliking of certain meal ready-to-eat (MRE) meals. I had been trying to fit in all my life, but whenever I went to Air Cadets, I no longer had to try. Everyone looks beneath the skin because when we find that common bond, deep within, it brings us all closer together. There's nothing that can separate us.

Through cadets, I learned an important life lesson. I have learned to be myself and to never change in order to fit in with others. I have learned perhaps being different isn't a problem. It's the people you surround yourself with.

If you're continually trying to fit in and impress, maybe you should find people who accept you - for you.

The Royal Canadian Air Cadet program has taught me this and has enabled me to do just that. I am writing this when the whole world seems to be evermore divided, polarized, separated and segregated.

So many people are being hurt or insulted, simply because of their looks. I personally have experienced this hate and intolerance. I've been harassed in public, and I've been the victim of an assault simply because of my skin colour.

So, I urge you to look beneath one's skin to find common bonds and seek to build bridges, not barriers.

Vote for your favourite youth reporter story

Support the next generation of writers. Vote for your favourite youth reporter story between now and May 31, and you can set one young person up with a grand prize package, including a \$2,500 scholarship.

Every fall, Canadian Armed Forces (CAF) Newspapers* invites young people, ages 13 to 18 years old from military families and Cadets, to enter their Youth Reporter Competition. This year's competition is sponsored by Adobe. Aspiring reporters are asked to submit a story idea about something important in their life or community. CAF Newspapers received more than 50 applications from CAF-affiliated youth across Canada and the world.

In late January, a selection committee of CAF Newspaper editors reviewed applications to select six story ideas with the most editorial merit. Originality and social impact are key considerations. Six finalists were contacted and given a deadline to develop their story idea into an original article. All stories are featured in a special PLAY e-zine edition, published on CAFconnection.ca and in CAF newspapers across Canada.

Your vote takes these writers to the next level. Read their stories and vote for your favourite for a chance to win a participation prize. Voting is open until May 31 (closing at midnight EDT), at CAFconnection.ca/YouthReporter.

*CAF Newspapers are managed by the Personnel Support Program, a division of Canadian Forces Morale and Welfare Services.

**Voting rules apply



YOUTH REPORTER COMPETITION

Cadet finds opportunity amidst pandemic

Hannah Meagher

Phones are ringing, planes are landing, and a pilot is asking for a weather advisory as three more planes enter the circuit. This is an average day at the Allan J. MacEachen Regional Airport in Port Hastings, but before working here, I wouldn't have expected the high demand for air transportation that exists in Cape Breton.

I also wouldn't have thought, as a new cadet with a serious fear of heights just a few years ago, that I would now be a licensed glider pilot, working in the aviation industry as it navigates through a global pandemic, and even acting as a role model for other young girls.

In 2016, I joined 719 Stora RCACS, my local air cadet squadron. A senior cadet



taught my level about how he learned to fly gliders, which are engineless planes, and said he knew people who were afraid at the start, but who achieved their glider license despite their fears.

Even though I was scared of heights, aviation fascinated me, and I knew I was ready for the challenge. Five years later, I'm now a Warrant Officer, Second Class in my squadron and I have held a glider pilot's license since the summer of 2019.

I've tried to get as much experience as possible, but living hours from the closest airports used as familiarization sites for cadets has made it challenging to participate to the extent I would have liked to. I've travelled to Debert and Sydney as a member of the ground crew, helping flights run smoothly, but the distance made it difficult. I made contact with Celtic Air Services in the fall of 2019, and was surprised to get an email the next May inviting me for a job interview. Unexpected as it was, I hap-

pily accepted, and by June of 2020 I was working as a Client Experience Specialist for Celtic Air.

My job is full of surprises and something new happens every day, but a big part of the role is communicating with pilots and other clients. My favourite part about this job is being able to talk to people in the wider community about aviation and teach them about exciting things that are happening in their little town. Doing helicopter tours during the summer was also a great experience, and I enjoyed helping people through any fears they may have. A Girl Guide group came to the airport last November and I led a tour, showing them what we did on a daily basis.

I loved being a role model for the girls to look up to, so they

know anything is possible if you really have your heart set on it. It was cool to see their eyes light up as I told them I wasn't much older than them.

My role at Celtic Air mainly focuses on the administrative and practical side of moving passengers from one point to another, but that still provides a very impactful learning experience, explains Don MacKenzie, former Ramp Attendant at Celtic Air, now Operations Administrator at AxAir Aviation.

"This aspect of commercial aviation is the unseen part, but is as important as the crew flying the aircraft or the folks that check your baggage. A young person considering a career in aviation can benefit by understanding the complex behind-the-scenes action that goes into making their flight to and

from their vacation destination a pleasant and comfortable part of their vacation," he said.

I also enjoy being able to talk to different people in the aviation industry who are much farther into their careers than I am. Last year, I got the chance to see a Cormorant search and rescue helicopter and meet the many experienced pilots, mechanics, and SAR techs who work to make sure others are safe. It was such a great experience to connect with people I never would have had the chance to meet otherwise.

Through the Summer of 2019, the Port Hawkesbury airport had approximately 700 jets land on its runway, along with small-engine planes and helicopters. With COVID, that number dropped significantly. The pandemic

put all international flights to Canada on hold. The majority of jets flying to our airport are based in the US, which resulted in a 90 percent decrease in traffic in 2020. Airlines struggled too, and it was decided on January 11, 2021 that Westjet would no longer be flying into Cape Breton, and Air Canada followed suit closely after. This was devastating for Cape Bretoners, especially rotational workers, who depended on these flights, sometimes multiple times a month, in order to get home. Luckily, Celtic Air was quick to react and announced their new airline, AxAir Aviation, that will be starting charter flights from northern Labrador, Quebec, Ontario, Atlantic Canada and the eastern United States.

Working up close with experienced pilots, ground

crew and managers is something I'm thankful for. Immersing myself in the aviation industry gave me the support and experience I needed to pass the entrance exam for the Power Pilot Course. As my time as a cadet comes to an end, it's all the more important for me to be able to support cadets in the future, which is why I plan to apply as a CI at a squadron in Halifax as I pursue my studies at Dalhousie University. Furthering my education will allow me the opportunity to reach more people and make an impact in whatever I choose to do in the future. Whether I take to the skies or plant myself firmly to the ground, I look forward to learning more and to guiding the next generation of cadets in becoming our future leaders.



The theatre of everyday

Cindy Ho

I've done it. You've done it, too. We've all spent an unhealthy amount of time indoors consuming media this past year. The pandemic has caused a massive surge in online streaming and TV watching. While that has been great for giant moguls like Netflix and Hulu, other entertainment industry sectors have been hit hard, especially independent theatre companies and local film festivals, which directly impacts the livelihood of artists in the community. As a theatre kid myself, I can't help but empathize with the many talented actors finding themselves without an audience for which to perform. With theatres without patrons and film sets without crews, it would seem like a hopeless situation. Yet, in an industry where people make magic happen every day, the show must go on. In "a year of challenges and re-



invention for theatre artists," said Mr. Soriano, a drama teacher at Matthew McNair Secondary in Richmond, BC. "It is inspiring to see what emerges."

Have you ever been to a theatre and been sternly told that pictures and videos are against the law? That is one of the first things you would hear while finding your seat and is one of the theatre-going experience hallmarks.

But without any audience members, how have theatres evolved in these changing times?

For Lin-Manuel Miranda, an award-winning Broadway playwright, the answer was easy. He had already begun talks with Disney to release his musical Hamilton, a 2015 musical centred on the story of founding father Alexander Hamilton, in theatres in October 2020. However, due to the involuntary pause in film and television production, many streaming platforms were desperate for their audiences' new material. Hamilton could fill that hole. The release moved forward to July 2020 and to Disney+ instead of on the big screen.

The beauty of theatre is that if you're not in the room where it happens, you miss it. Rarely do musicals on Broadway have commercial recordings released, especially onto such an accessible platform that many households already have. Many

years ago, I would listen to the Hamilton soundtrack, and nothing more. As the show could only be seen in a few theatres scattered around the world, and the \$500 tickets were in such high demand that seeing the musical seemed like a far-off fantasy. For two hours, while I eagerly consumed the film. I was transported to New York, watching Hamilton in the audience of a Broadway theatre, just like I had always dreamed. The film was a smashing success, with more than 37% of Disney+ subscribers watching in the month of its release. That amounts to a staggering 22 million people, making the film have the highest viewership portion of any streaming platform ever.

While all aspects of the entertainment industry have been affected, the one dearest to my heart would be my high school's theatre program. Regarded by many as one of the best in our

district, the McNair Theatre Department is the heart of our school community. While we were lucky enough to perform our rendition of Peter and the Starcatcher before March 2020, the way we have adapted to our new reality for this year's production is a testament to our teachers' resiliency and creativity and student body at McNair.

"We at McNair have chosen to investigate a completely different medium," said Mr. Soriano, a drama teacher since 1998. "Although many theatres have opted for live streaming of performances, I personally find recordings of theatre flat." Instead of our usual play, McNair is pivoting to the new ground: a movie entirely written, acted, and filmed by the school's talented company of actors. This allows many students to explore a unique aspect of the entertainment industry, merging the filming complexities with

the theatre's bravado. Mr. Soriano's decades of experience in the theatre and film industry, appearing in Once Upon a Time, Lucifer, and more, allows him to speak from experience regarding the choice to film a movie. "Without a live audience fueling the performers, and the camaraderie builds behind the scenes, much of the thrill is gone." As students, we have built scenes focused on fundamental issues such as culture, identity, relationships, and sexuality unique to our experiences as teenagers, allowing our unique experiences to colour the narratives. We have cast ourselves with scenes that give us passion and begin filming and directing very shortly.

Spending over \$2500 to invest in quality cameras and microphones, Ms. Milica Komad's role has pivoted from costuming and set design to scheduling filming, organizing the film equipment, and wrangling actors and crew

members. Her adaptability in the transition from a traditional theatre setting to one of a film set has been a lifesaver for everyone working on this project.

Marvelling at the sight of my classmates coming alive with the love they have for issues that strike something within them, I can't help but feel gratitude for the teachers that have kept our theatre running through thick and thin. Mr. Soriano and Ms. Komad have spent countless hours supporting their students and have created an atmosphere that makes it easy to forget the stresses of school, life, and the pandemic.

Somehow, even though it all, art finds its way to brighten up the bleakest of situations. Whether on a big scale, reaching millions of people like Hamilton, or touching just a community like our theatre department, even a global pandemic cannot stop the show.





Food for Thought | Diet culture and the industry behind it

Andrea Stacey



This story mentions eating disorders, body image issues and dieting, and may be triggering for some readers.

Everyone has insecurities. And many people's insecurities revolve around their physical appearance. This is no coincidence, given the body shapes and sizes that are portrayed in the media. It's no secret that the images of bodies used in marketing are heavily edited, and that very few people actually look like that. However even with this awareness, why are so many people still hung up on having these bodies? And if these publicized bodies aren't an accurate reflection of real-life people, why are they still being advertised as if they are? It's all because of diet culture.

Diet culture is a belief system that promotes the idea that your body size and weight determines your worthiness as a person. It glorifies weight loss, chronic dieting, and highly unattainable body images - all while bashing those who don't fit these unrealistic standards. The industry structured to profit off of these fabricated insecurities

is highly influential, powerful and profitable, racking up an estimated 192.2 billion dollars in 2019.

It's hard for me to admit this, but I have struggled with body image issues and disordered eating for as long as I can remember. I was never thin, and although I was healthy and very active, I never felt good about myself because I didn't conform to the image of "health" and "beauty" that I'd been fed my whole life. From a very early age, I began denying my body its basic needs, attempting to look the way I'd been taught I should look. This was all in vain, simply because it is not the way my body is built. My genes do not allow for me

to look that way in a healthy manner, and it took me a very long time to realize it. Shame and embarrassment made reaching out difficult. Being surrounded by these images made me feel like I was the problem.

The diet industry has become so ingrained into our society that it now influences practically every aspect of our daily lives, even supposedly reliable sources, like health classes in school, where, for example, they generalize dietary needs instead of promoting individual requirements. However, the influence that the diet industry has is strongest felt where profit is the primary goal. There's a reason why, despite women's average clothing size being 14, only 2% of advertisements include anything above a size 10. There's a reason why "healthy foods" are packaged differently than what has been deemed "unhealthy foods". There's a reason why everyone uses the weekend as "cheat days". All of this is because the diet industry has designed it to be this way, all for its own profit.

The industry is built to profit off of artificially crafted insecurities that are designed

to keep you buying their services. These products and services aren't designed for long-term success. They are designed for you to fail. And with every failure, you become more desperate, more insecure, more willing to buy anything and everything that could get you closer to that unattainable image of health that you have been promised. They know that once they get you hooked, they have a customer for life.

Diet culture has a huge impact on mental health across all generations, contributing significantly to the staggering 70 million people who suffer from diagnosable eating disorders worldwide, and the millions more that struggle with disordered eating habits. Diet culture has normalized disordered habits and thought processes. This means that fewer people seek help for these struggles simply because they have accepted these habits as the norm.

Diet culture not only encourages chronic dieting and disordered eating habits, but it also demonizes many foods and ways of eating. But more importantly, it attacks anyone who does not fit their fabricated image of

health. It's important to realize that this image of health really is fabricated. Someone may not fit the visual criteria that diet culture has created of being "healthy" and "in shape", however they may still be perfectly healthy. On the other hand, there may be someone who fits that image, but is not healthy in the least. Diet culture focuses on the cosmetic aspect of the human body, and judges health based purely on visuals, while ignoring the genetic and social factors that influence someone's weight and appearance.

The lack of representation of realistic bodies in the media greatly contributed to my personal struggles. However, it also had to do with what I was being taught on a regular basis, by well meaning people, both at home and at school. We've all been affected by these influences, and consciously or not, we pass them onto others.

Body image, eating habits and disordered eating are uncomfortable subjects for many people, largely because of the amount of stigma surrounding them. Because this issue has invaded every aspect of our culture, it can be

hard to find an escape and to notice what life could be like without the influence of the diet industry. It takes a lot to unlearn something that is so deep-rooted in our daily lives, but simply questioning why we believe the things we do is a great first step to breaking the destructive cycle of diet culture.

National Eating Disorder Helpline: nedic.ca

Disordered eating is considered any irregular eating behaviour, such as skipping meals or cutting out certain food groups. An eating disorder is a medical condition with specific criteria that need to be met in order to be diagnosed. Someone with disordered eating habits may fit these criteria, but having these habits doesn't make it a diagnosable eating disorder.

"The diet industry was worth 192.2 billion dollars in 2019": alliedmarketresearch.com/weight-loss-management-diet-market

"70 million people who suffer from diagnosable eating disorders worldwide": eatingdisorderhope.com/blog/eating-disorders-world-overview (National Eating Disorder Association)

REPORTER COMPETITION

Adapting to life as a military kid

Emily Lachance

When you are a military kid, you have to come to accept the fact that you will be faced with a lot of changes. Dealing with our parents being gone for various lengths of time, moving, changing schools, leaving old friends, making new friends are all ways we have to adapt. It's not always easy, but I wouldn't trade my type of life for any other.

As a thirteen-year-old, I have been a military kid for almost ten years now. Being adaptable as a military kid comes with the territory because of all the changes we have to deal with when one or both of our parents are serving members in the Canadian Armed Forces (CAF).

My first experience with adapting to change was when my dad, Robert, went on Basic Military Qualification (BMQ) in 2011 as a Refrigeration and Mechanical Systems Technician. I was about three and my brother, William was four months old. I don't re-

member much about that time because I was so young. We lived in Boucherville, Quebec, with my grandfather, Jacques.

When my dad graduated from his trade course, we got posted in May 2013 to CFB Bagotville, an Air Force base located, in the Saguenay-Lac-Saint-Jean region. We sold our house in Boucherville and we all moved into a military house (PMQ) on the base. My grandfather moved with us too.

That summer, my parents registered me for summer camp offered on the base and I loved it. We did so many activities and every week we went on an outing. When I started Kindergarten that fall, I already had some friends because of summer camp. With time however, I had to get used to the fact that some of my friends were moving away because they were also part of a military family.

Later the same year, my mom, Lisa, joined the CAF as a Human Resources Admin-

istrator, and she left for her BMQ. That was really hard for me because all I ever knew was my mom being at home. Between her BMQ and her trade course, she was gone for almost eight months and we only saw her a few times. During that time, my dad held down the fort at home. We had a lot of support from my dad's co-workers, friends, neighbours and the Military Family Resource Center (MFRC).

Five years later, in July 2018, we were posted to CFB Valcartier. I had lived half of my life in Bagotville and when I left, it was very difficult for me. Even with the technology that we have today, it is really hard to stay in contact with people you don't see often.

In Valcartier, I had to start over. New friends, new school, new house, new everything. One thing that was really cool was that my new school was in walking distance from our house. Valcartier was very different from Bagotville. It was a much bigger base and I had difficulty navigating my way around, even though my parents did their best to find things for my brother and I to get involved in. When I went to the library, because I love to read, I became friends with the librarian and that made me very happy because it reminded me of how close I was to people in Bagotville.

I was going into grade five when I started at my new school and I wanted to make friends, but it wasn't easy. I was used to knowing everyone and having many friends. I felt like a fish out of water. The other kids were only friendly with me for a few days and then leave me. It appeared that they were just being friendly with me to make a good impression on the teachers who would say, "Hey, let's make Emily feel welcome!"

That school year sucked and sometimes I didn't even want to go to school. Luckily, I had an amazing teacher who took me under her wing. Also,

when I had a chance, I would go help the special education teacher with some of his students which I really enjoyed doing. I'm thinking that it may be a career option for me.

After a year living in a PMQ, my parents bought a house and I had to change elementary schools again, but, fortunately, it went much better this time. When I started high school this past year, the transition went very smoothly, and I believe that is because I have already adapted to so many things. Also, with COVID-19 this year, it hasn't been that difficult for me to adapt to the many changes that has been thrown our way.

Since the beginning of their military careers, both my parents have been gone a lot. My dad changed trades in 2017 and is now a Traffic

Technician. He has gone on six different courses ranging from a few weeks to six months, been on multiple exercises and deployed to Kuwait for two months. My mom has been on two courses, one exercise in Norway and

deployed to Senegal in Africa for four months. A trick we implemented at home to make things easier when one of my parents went away for any period of time, was a box of kisses. It was just a small wooden box and before one of my parents would leave, they would fill it with kisses. Each night at bedtime, we would then take a kiss from the box to say goodnight.

The MFRC do their best to help us navigate through all of the changes we have to go through by offering programs or events.

I see my life as a military kid in a positive way. I learn to adapt to new situations, I get to experience all kinds of new and amazing things and I believe that it is only going to benefit me throughout my life.



Technician. He has gone on six different courses ranging from a few weeks to six months, been on multiple exercises and deployed to Kuwait for two months. My mom has been on two courses, one exercise in Norway and



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April 15, Lieutenant McAlinden, centre, was presented his Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Corporal Burton, centre, was presented his Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Master Corporal Murray, centre, was presented her Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Corporal Pellerine, centre, was presented his Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Corporal Park, centre, was presented his Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Corporal Arseneault, centre, was presented his Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, 2nd Lieutenant Spark, centre, was presented his officer commissioning scroll by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer Dan Long during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, 2nd Lieutenant Hardie, left, was presented her officer commissioning scroll by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer Dan Long during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Major Collin, centre, was presented her Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Major Hallam, centre, was presented the Operational Service Medal with Expedition by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer Dan Long during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Corporal Allard, centre, was presented his Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, Aviator Smith, centre, was presented his Sentinel patch by 14 Wing Greenwood Padre Bevans, left, with 14 Operations Support Squadron Chief Warrant Officer Dan Long, during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



April 15, 2nd Lieutenant McDermot, centre, was presented his officer commissioning scroll by 14 Operations Support Squadron Commanding Officer Lieutenant-Colonel Serge Parisien, left, with Chief Warrant Officer Dan Long during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.

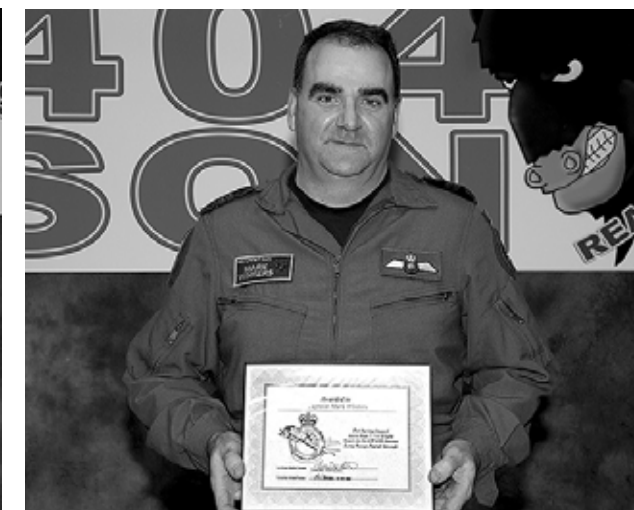


April 15, 14 Operations Support Squadron Chief Warrant Officer Dan Long, right, was presented the Wing Chief Warrant Officer's Coin by Wing Chief Warrant Officer Dan Campbell during a squadron honours and awards parade in the Annapolis Mess, 14 Wing Greenwood.



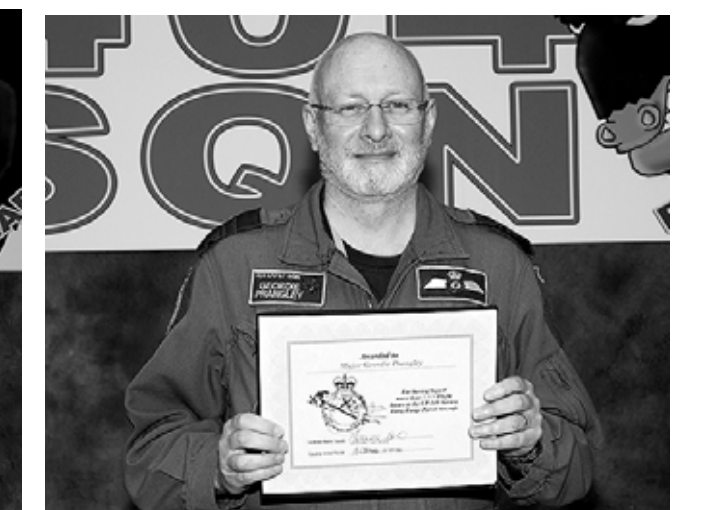
April 23, 404 (Long Range Patrol and Training) Squadron Major Dan Arseneault received his 1,000-hour flying pin and certificate for time flying the Lockheed P-3 Aurora.

Master Corporal P. Redden



April 23, 404 (Long Range Patrol and Training) Squadron Captain Mark Winters received his 2,500-hour flying pin and certificate for time flying the Lockheed P-3 Aurora.

Master Corporal P. Redden



April 23, 404 (Long Range Patrol and Training) Squadron Major Geordie Prangley received his 1,000-hour flying pin and certificate for time flying the Lockheed P-3 Aurora.

Master Corporal P. Redden



The Aurora publishes items of interest to the community submitted by not-for-profit organizations. Submissions are limited to approximately 25 words. Items may be submitted to our office, 61 School Road (Morfee Annex), 14 Wing Greenwood, by fax, 902-765-1717, or email auroraeditor@ns.alianzinc.ca. Dated announcements are published on a first-come, first-served basis, and on-going notices will be included as space allows. To guarantee your announcement, you may choose to place a paid advertisement. The deadline for submissions is Wednesday, 9:30 a.m., previous to publication unless otherwise notified.

Le commandant public des avis d'intérêt public soumis par des organisations à but non lucratif. Ces avis doivent se limiter à environ 25 mots. Les avis peuvent être soumis à nos bureaux, au 61, School Road, (annexe Morfee), 14e Escadron Greenwood, par fax au 902-765-1717 ou par courriel à l'adresse auroraeditor@ns.alianzinc.ca. Les annonces avec dates sont publiées selon le principe du premier arrivé, premier servi, et les avis continus seront inclus si l'espace le permet. Si vous voulez être certain que votre avis soit publié, vous voudrez peut-être acheter de la publicité. La date de tombée des soumissions est à 9 h 30 du matin le mercredi précédant la publication, à moins d'avis contraire.

NOTICE: Many community events may change details as gatherings are affected by public health guidance around COVID-19. Please check ahead with the organizers, as submission dates and Aurora press deadlines are in advance of distribution.

Library curbside pickup
The 14 Wing Library will continue to be closed for in-person visits until further notice. Curbside pick up of books, DVDs and other borrowable library materials is available. For info or to order your material, contact the library at 902-765-1494 local 5430 or email librarystaff@eastlink.ca.
Youth choir meet and greets
Do you have school aged children at in grade three to 12 who love to sing, and miss doing so in

school or would just love to sing with others? The Annapolis Valley Honour Choir offers a full educational music program and would love to welcome new singers! Wednesday evenings, join the choir's Zoom open rehearsal to see if it is for you. Contact CDES, PTA@gmail.com for link information. Find out all about our AVHC programs and sign up at avhc.ca.
Lions 50/50 online fundraiser
The Lions Clubs of Nova Scotia are excited to announce a monthly online 50/50 fundraiser. Money raised will go right back to your local Lions Club, allowing Lions across Nova Scotia to continue doing their community work. Tickets at https://rafflebox.ca/raffle/lionsclub. Select the Lions Club you wish to support (including the Kingston Lions Club). Open to N.S. residents

over 19. Tickets sold monthly for the draw on the first Thursday of the following month.
Alcoholics Anonymous
If you want to drink, that's your business. If you want to stop, that's ours. Contact us at 902-691-2825 or area82aa.org/district3/.
Diabetes donations
Diabetes Canada accepts gently used clothing and household items in the Kingston and surrounding area at red clothing donation bins at several locations. Or, call 1-800-505-5525 to arrange a free household pickup or visit declutter.diabetes.ca for information. Proceeds from donations support diabetes research, education, programs, services and advocacy for 11 million Canadians living with diabetes.

Food for Thought from the Upper Room

During the month of April, the Upper Room Food Bank in Kingston served 128 families, consisting of 186 adults and 108 children, with 12, 945 pounds of product going out and 12,003 pounds coming in. The incoming total includes 1,380 pounds provided by the Feed Nova Scotia network and 875 pounds purchased with local cash donations. The remainder is from local food bank sharing and local donations, including regular arrangements with several local businesses. The decreased amount of food from Feed NS and that purchased this month is due to extensive purchasing during the last few months, allowing Feed NS to divert product to other food banks as needed.

The Upper Room Food Bank continues to follow its new measures to comply with provincial COVID-19 guidelines. Clients requiring service must call ahead to the food bank to arrange an appointment during normal operating hours. If the food bank is closed, leave a message and someone will get back to you to arrange a time. When ready, the order is placed in the designated area for client pickup. No one other than approved volunteers is allowed in the facility. This limits personal contact, while also reducing waiting time for clients. This new process will likely continue post-COVID-19 restrictions.

Thanks to a generous corporate donation, we now have a PA system that makes it easier to let people waiting outside know when their food request is ready. For those wondering, the donor stipulated a percentage had to be spent on technology, while the majority went to fresh food purchases and operating costs.

According to Feed Nova Scotia, there are 41,000 Nova Scotia children who experience food insecurity every day! Let that sink in for a moment.

Donations continue to be accepted at the food bank, located behind the library at 669 Main Street, Kingston (during open hours) or at the Kingston village offices at 655 Main Street. Processing of donated food continues in accordance with directives from Feed Nova Scotia and the Nova Scotia Health Authority. Cash donations are also always accepted.

Our regular hours are in effect, with the food bank open Mondays from 9 a.m. to noon and Thursdays from 6 p.m. to 9 p.m. Our office number is 902-765-0303, or email us at upperroomfoodbk@hotmail.com. We may also be found on Facebook. →

Canada renews contribution to enforce North Korea sanctions

Canada has extended Operation NEON, its contribution to a coordinated multinational effort to support the implementation of United Nations Security Council (UNSC) sanctions imposed against North Korea, until April 30, 2023.

The UNSC sanctions, adopted between 2006 and 2017, aim to pressure North Korea to abandon its weapons of mass destruction programs in a complete, verifiable and irreversible manner.

This renewal of Op NEON will allow the Canadian Armed Forces (CAF) to continue deploying military ships, aircraft and personnel to conduct surveillance operations to identify suspected maritime sanctions evasion activities, in particular ship-to-ship transfers of fuel and other commodities banned by the UNSC resolutions. Canada's contribution will bolster the integrity of the global sanctions regime against North Korea. Op NEON underscores the importance that Canada places

on security in the Indo-Pacific region, international security and the importance of upholding the UNSC sanctions regime. It further demonstrates Canada's resolve in standing with allies and partners in accordance with Canadian values, in line with Canada's defence policy, *Strong, Secure, Engaged*.

Royal Canadian Navy ships and Royal Canadian Air Force aircraft have deployed on Op NEON: HMCS Regina, with an embarked CH148 Cyclone helicopter, Naval Re-

plenishment Unit (NRU) Assterix and an RCAF CP140 Aurora Air Detachment in 2017; HMCS Ottawa, with an embarked CH-148 Cyclone helicopter, and CP140 Aurora Air Detachment in 2019; and HMCS Winnipeg, with an embarked CH148 Cyclone helicopter and a CP140 Aurora Air Detachment in October 2020. The next Op NEON deployment of a Halifax-class frigate, with its embarked CH148 Cyclone helicopter, and a CP140 Aurora detachment is set for the fall. →



Les annonces classées, 35 mots ou moins, sont vendues au prix de 9 \$, taxes incluses. Chaque mot supplémentaire coûte 10 sous, plus taxes. Texte en caractères gras 10 \$, taxes incluses.

Les annonces classées doivent être réservées et payées à l'avance avant 10 h, le mercredi précédant la publication. Les modes de paiement acceptés incluent VISA, MasterCard, AMEX, débit ou comptant. L'Aurora n'est pas responsable des produits et/ou services annoncés. Pour faire publier une annonce classée, vous pouvez nous appeler au 902-765-1494 poste 5699, visiter notre bureau au 61, School Road, annexe Morfee à Greenwood, nous envoyer un courriel à aurora@ns.alianzinc.ca ou nous transmettre un fax au 902-765-1717. Pour faire paraître une publicité dans un encadré, appelez-nous au 902-765-1494 poste 5833, ou un courriel à aurora-marketing@ns.alianzinc.ca.

APARTMENT FOR RENT

FOR RENT – Very clean modern one, two & three-bedroom apartments. Middleton to Cambridge. Well managed properties. Seniors units available. References required. Call Ross at 902-840-0534. (3539-ufn)

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MOTORCYCLE – 2000 Honda Shadow AX, 750, black with lots of chrome. 70,000 kms, wind shield, backrest and carrier, new tires. In great shape, asking \$2,500 obo. Call 902-840-1792. (4115-nc)

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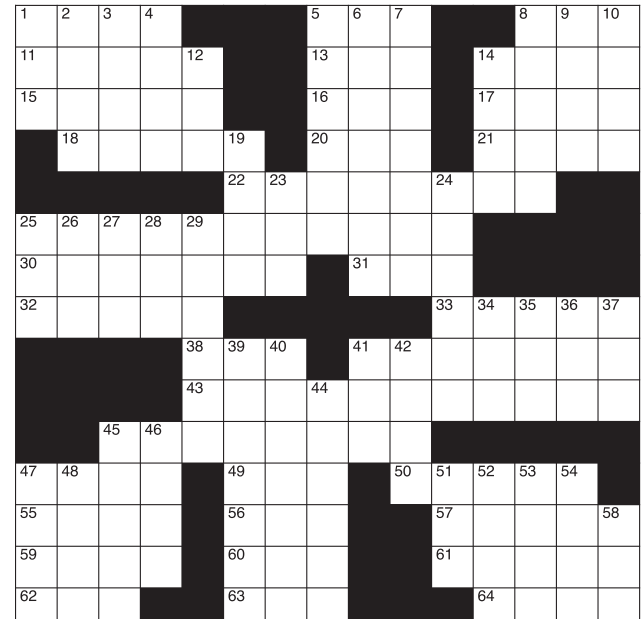
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metro crossword

solution page 15



- ACROSS 1. Prevents harm to young 5. 'Losing My Religion' rockers 8. Partner to pan 11. Cavalry unit 13. Peyton's little brother 14. Mexican dish 15. Disseminates info to the public 16. Set an animal on 17. Canadian flyers 18. Elongated mouths of anthroprods 20. I (German) 21. Opposite of west 22. Glows 25. Measures how quickly a car moves 30. One who has gained wealth 31. Patti Hearst's captors 32. Extensive landed property 33. Male aristocrat 38. For each 41. More fidgety 43. Very happy 45. A place to store info 47. Helps to heal 49. 12th month (abbr.)
- 50. Broad, shallow craters 55. Nocturnal S. American rodent 56. Frost 57. Ethiopian town 59. Curved shapes 60. Company that rings receipts 61. Spiritual leader 62. Sheep native to Sweden 63. Cars need it 64. Partner to relaxation DOWN 1. Scientist's high-resolution tool (abbr.) 2. Type of school 3. Formal close (music) 4. Transmits high voltage 5. A way to occupy a certain area 6. Draws out 7. His Airness 8. Nocturnal rodents 9. South American plants 10. Homestead 12. Bland or semiliquid food 14. Forest resident 19. The body needs it 23. Atomic mass unit (abbr.) 24. Spell 25. Relaxing place 26. Political fundraising tool 27. Make a mistake 28. Partner to Adam 29. Tyrant 34. Unit of electrical resistance 35. A history of one's life 36. Actor DiCaprio 37. Sea eagle 39. Avoiding being caught 40. de Mornay, actress 41. Belonging to a thing 42. Not us 44. Motorcars 45. Capital of Bangladesh 46. Ancient Greek sophist 47. Practice boxing 48. Grant, actor 51. Swiss river 52. S. Sudan river 53. A bumpkin 54. One point south of southwest 58. Small island (British)

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horoscopes

May 16 to May 22

ARIES - Mar 21/Apr 20
Aries, altruism is a noble trait, but remember to also devote some time to your own interests. There is a way to find a balance between all of your actions.

TAURUS - Apr 21/May 21
Travel plans may be on your mind, Taurus. Weigh all of the pros and cons of traveling before purchasing your plane ticket or booking that hotel.

GEMINI - May 22/June 21
Gemini, when opportunities spring up sometime this week, you may need to grab that golden ring quickly or it is bound to pass you by in a flash. Then regrets may sink in.

CANCER - Jun 22/Jul 22
It is easy to miss the forest for the trees, Cancer. Making decisions based on one detail will not do you justice. You have to look at the bigger picture before making a decision.

LEO - Jul 23/Aug 23
Leo, after a few amendments to your plan, you will have some good options to go on. Scorpio can give a look as well and offer some advice on how to proceed this week.

VIRGO - Aug 24/Sept 22
Virgo, if each day seems like a mental marathon, then you definitely need to find some "me" time to unwind and disconnect. Schedule time each day to devote to yourself.

LIBRA - Sept 23/Oct 23
It may seem productive to look at the world through rose-colored glasses, Libra. However, repeatedly guarding others from anything unpleasant can be a disservice.

SCORPIO - Oct 24/Nov 22
Continue to stay on top of all the nuts and bolts of your daily life, Scorpio. You have been a champ at managing schedules and deadlines for yourself and others.

SAGITTARIUS - Nov 23/Dec 21
Health news may bring a scare, Sagittarius. If anyone can whittle down the facts and get on a solid course, it is you. You'll get through this challenge.

CAPRICORN - Dec 22/Jan 20
Capricorn, it is time to start looking for new hobbies to pass the time, especially if you've been spending a lot of time at home. You could transition into a new career.

AQUARIUS - Jan 21/Feb 18
Big changes are in store for you this week, Aquarius. You could get the news that you have been waiting for. This may mean you will have to quickly rise to action.

PISCES - Feb 19/Mar 20
Pisces, while others are taking in the scenery this week, you are getting down to business. This can set you on a productive path.

sudoku

solution page 15

	9							4
				9		4		
3		7	8	6				2
1		3	6		7			
	7	6						
4				8				7
		4						3
6		2			5	8		
8		5				2	1	

Level: Beginner

Fun By The Numbers
Here's How It Works: Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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Spring Fling

Top outdoor living trends

(NC) With more time being spent at home, people are reimagining how to maximize the comfort and function of their exterior spaces. In fact, outdoor living design has never been more inventive. Here are the top trends expected to shape backyards across the country this summer.

Outdoor offices - As working and learning from home continue, contractors report increased interest in outdoor spaces that can accommodate professionals and students. Requests for stylish sheds, cottages and pergolas are on the rise.

A relatively easy addition, a pergola creates the look and feel of an outdoor room while adding a distinct architectural element. Of course, its main purpose is providing shade - essential for enhancing visibility of laptops and devices, as well as offering relief on



hot days.

Take the plunge - Between travel restrictions and closings of community pools, homeowners are taking the plunge and installing swimming pools, hot tubs and ponds in their own backyards.

To give these additions a finished look, surround them with high-performance composite decking. Unlike wood, this low-maintenance alternative won't rot, warp, stain or fade and never needs sanding, staining or sealing.

Luxury staycation - Fueled by the drastic decline in travel, interest in replicating the sophisticated style and comforts of luxury hotels and resorts has grown. From plush towels and plumped pillows to outdoor accents like fire tables,



water features and industrial-style railing, commercially inspired designs can give any outdoor space the essence of an extravagant staycation.

Give it a try with DIY - The DIY category has exploded, with more people rolling up their sleeves and tackling even the most challenging home improvements. Ambitious DIYers are turning to YouTube and sites like decks.com for

inspiration, motivation and how-to tips, saving time and money in the process and earning some serious bragging rights.

One popular and doable DIY project is building or resurfacing a deck with hassle-free composite material. In most cases, it can be completed over the course of a weekend with just a little know-how and the help of some friends. ➔

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